

CITRUS FLAVOR



VEGETARIAN FORMULA

Alive!

Liquid

Multi-Vitamin

MAX POTENCY

#1
MEGA
NUTRIENT

NET WT 30 FL OZ (900 mL) • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Fluid Ounce (30 mL) / Servings Per Container 30

Amount Per Serving	% DV
Calories	60
Total Carbohydrate	16 g 5%†
Sugars	7 g **
Vitamin A	10,900 IU 200%
(50% [5,000 IU] as retinol palmitate and 50% [5,000 IU] as beta carotene)	
Vitamin C (as calcium ascorbate)	500 mg 833%
Vitamin D (as ergocalciferol)	400 IU 100%
Vitamin E	200 IU 667%
(as d-alpha tocopheryl acetate)	
Vitamin K (as phytonadione)	80 mcg 100%
Thiamin (as thiamin mononitrate)	25 mg 1967%
Riboflavin (Vitamin B2)	25 mg 1471%
Niacin	20 mg 100%
(as nicotinic acid/inosinamide)	
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B12	200 mcg 3333%
(as cyanocobalamin)	
Biotin	300 mcg 100%
Pantothenic Acid	125 mg 1250%
(as d-calcium pantothenate)	
Calcium (as calcium ascorbate, d-calcium pantothenate)	100 mg 10%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium	40 mg 10%
(as magnesium gluconate)	
Zinc (as zinc gluconate)	15 mg 100%
Selenium (as L-selenomethionine)	70 mcg 100%
Copper	2 mg 100%
(from sodium copper chlorophyllin)	
Manganese (as manganese sulfate)	4 mg 200%
Chromium	120 mcg 100%
(as chromium polynicotinate)	
Molybdenum	75 mcg 100%
(as sodium molybdate)	
Sodium	10 mg <1%
Potassium	50 mg 1%
(as potassium gluconate)	
Green Food/Spirulina Blend	500 mg **
Spirulina (microalgae); Alfalfa (leaf, stem);	

Other Ingredients: Purified water, 100% pure crystalline fructose, Sorbitol, Malic acid, Apple juice concentrate, Natural orange flavor with other natural flavors, Potassium sorbate (to preserve freshness), Xanthan gum, Silica.

Amount Per Serving	% DV
Barley Grass (grass); Dandelion (leaf); Wheat Grass (grass); Melissa (leaf); Lemon Grass (grass); Nettle (leaf); Blessed Thistle (stem, leaf, flower); Chlorella (broken-cell microalgae); Plantain (leaf); Blue Green Algae (microalgae); Cilantro (leaf); providing amino acids: Glutamine; Asparagine; Leucine; Alanine; Arginine; Lysine; Threonine; Valine; Glycine; Isoleucine; Serine; Proline; Phenylalanine; Tyrosine; Histidine; Methionine; Tryptophan; Cysteine	
Garden Veggies™	100 mg **
Juice Powder Blend: Parsley, Kale; Spinach; Wheat Grass; Brussels Sprout; Asparagus; Broccoli; Cauliflower; Beet; Carrot; Cabbage; Garlic	
Orchard Fruits™	100 mg **
Juice Powder Blend: Plum; Cranberry; Blueberry; Strawberry; Blackberry; Raspberry; Cherry; Apricot; Papaya; Orange; Grape; Pineapple	
Organic Mushroom Defense	100 mg **
Blend: Cordyceps; Reishi; Shiitake; Hiratake; Maitake; Yamabushitake; Himematsutake; Kawaratake; Chaga; Zhu Ling; Agarikon; Mesima	
Omega 3/6/9 Fatty Acid Blend	100 mg **
Flax Seed Powder (dry, cold-pressed); Sunflower Seed Powder (dry, cold-pressed)	
Citrus Bioflavonoid Complex	60 mg **
(from lemon, orange, lime, tangerine and grapefruit) providing Hesperidin, Naringin, Narirutin, Eriodictin and Flavones	
Siberian Eleuthero (root)	50 mg **
Inositol	50 mg **
Choline (as choline bitartrate)	30 mg **
Betaine HCl	25 mg **
PABA (para aminobenzoic acid)	25 mg **
Rutin	25 mg **
Boron (as sodium borate)	1 mg **
Lutein (from marigold)	200 mcg **

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

MAX POTENCY • LIQUID ALIVE!®

Liquid Alive! is the ultimate nutritional energy source with a superior diversity of vitamins, minerals, fruits, vegetables, antioxidants, green foods, mushrooms, amino acids, herbs, EFAs and other nutrients to help nourish, protect and invigorate your body.

• Vegetarian formula

• High potency B-complex

• Comprehensive multi-vitamin and multi-mineral supplement

• No colors or artificial flavors; No yeast, wheat grain, milk, lactose or other dairy products



DIRECTIONS: Shake well. As a dietary supplement, take 1 capful or 2 tablespoons (about 30 mL or 1 ounce) daily. Best when taken with food or immediately after a meal. Can be consumed alone or mixed into beverages such as water, orange juice or smoothies. **Keep tightly closed and out of reach of children. Store in a cool place. Refrigerate after opening.**

WARNING: Women who are pregnant or likely to become pregnant should not exceed recommended dosage. Exceeding the recommended dosage will result in ingestion of more than 10,000 IU of Vitamin A from retinol, which in high amounts is known to cause birth defects. Do not take with sulfonamide since PABA interferes with the activity of this drug.

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Questions? Call 1-800-9NATURE
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LN15395.C01 (BLQ7504C)

